



Rockwall Independent School District

Drill Team
Handbook
2018-2019

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INTRODUCTION

This handbook was created to provide information, answer questions, and pave the way for successful involvement with the drill team program so that candidates and their parents understand responsibilities and commitments prior to tryouts.

This guide addresses District policies and procedures related to drill team. Policies and procedures can change at any time. If changes are made, the changes supersede any handbook provisions that are not compatible with the changes. Not all policies are included in this guide; however, all District policies may be found at the District website: <http://www.rockwallisd.com/about/accountability/governance/>.

PURPOSE

The purpose of the drill team is to exemplify and promote school spirit, pride, and sportsmanship. Drill team members enhance a positive school climate by exhibiting leadership skills, such as respect for individual differences, building consensus, academic excellence, and modeling appropriate behaviors at all times, both inside and outside of school.

In addition to developing responsibility and self-respect, students will become mentally and physically fit and athletically skilled in the field of dance and performance; will demonstrate dance and performance etiquette for public appearances and private practices; will provide an atmosphere of support and cohesion essential for team building; and will support and participate in academic, athletic, and community projects that help the campus and District achieve respective goals and objectives.

MIDDLE SCHOOL DRILL TEAM

Participation in Middle School Drill Team is intended to be a preparation time for dance and drill while serving as a learning experience for future dance involvement. Both 7th and 8th grade students wishing to enroll in drill team may elect to participate in Drill Team, which does not require a tryout as enrollment is open, or Competitive Drill Team, which requires a tryout under the discretion of the drill team director and campus principal. The deadline for enrollment is established at each campus. Both teams will have equal opportunity to perform at school events. The Competitive Drill Team will compete in the spring at dance competitions and the level of dance technique will be more advanced than the Drill Team. If a student is not selected for the Competitive Drill Team they are eligible to sign up as a member of the Drill Team.

HIGH SCHOOL JUNIOR VARSITY DRILL TEAM

Participation in Junior Varsity Drill teams is intended to be a preparation time for dance and drill while serving as a learning experience for future dance involvement. Students wishing to participate in High School Junior Varsity Drill Team are not required to try out as enrollment is open; however, students wishing to participate in the Competitive JV Team are required to try out. The deadline for enrollment and/or tryouts is established at each campus. Each director will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. This information will be approved by the Principal prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. In order to tryout, a student must be at least a freshman and meet all state TEA and RISD requirements.

HIGH SCHOOL VARSITY DRILL TEAM

Tryouts for Varsity drill team are open to all sophomores, juniors, and seniors. A current Varsity Drill Team member is not required to try out for the team more than once. Each director will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. This information will be approved by the Principal prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. In order to tryout, a student must meet all state TEA and RISD requirements.

UIL & TEA

It is the practice of Rockwall Independent School District to utilize the University Interscholastic League (UIL) guidelines to regulate and govern the drill team program with regard to no pass/no play, eight-hour practice limitations, athletic periods, and all other applicable regulations. The drill team program will follow the eligibility requirements as outlined by the TEA and the UIL.

In order to participate, students must qualify according to eligibility requirements as outlined by TEA and UIL (<http://www.uil texas.org/files/tea-uil-side-by-side.pdf>), must attend an orientation meeting with their parent/guardian, as scheduled by the director, and must return the drill team application packet, including all appropriate signatures, by the required date. Packets include, but are not limited to:

- Drill Team Application (supplied by sponsor)
- Drill Team Handbook Parent/Student Acknowledgement
- Medical Release Form
- Parental Information and Consent Form for Concussions
- Parental Release Form
- Extracurricular Standards of Behavior Contract
- Preparticipation Physical Evaluation—Medical History & Physical Examination

Participating schools require the aforementioned forms to be filled out electronically on the Rank One website (rockwallisd.rankonesport.com) prior to the parent orientation meeting.

The number of drill team members selected each year will be based on the talent level and qualifications of the candidates, as well as the number graduating. A natural break in candidate scores will determine the number of drill team members for the year. Complaints about any aspect of the tryout process are subject to the requirements of RISD Board Policy FNG (LOCAL). Copies of such policy may be obtained from the school principal.

TRYOUT – ELIGIBILITY & REQUIREMENTS

- A student must be enrolled in Rockwall ISD. Principals have discretion to determine participation for students new to the school who are not enrolled by the first day of the second semester.
- A student must have a cumulative GPA of 70 or better (high school) or an overall average of 70 (middle school) as of the preceding semester.
- A student must meet state guidelines for compulsory attendance.
- A student must have no outstanding balance for prior year financial obligations.

COMMITMENT

Candidates selected to be members of the drill team are expected to make a commitment to the activity for the full year. Any drill team member who voluntarily quits the team before the end of the school year will not be allowed to tryout at the next tryout session unless he/she had prior approval from the principal and director.

INJURY & USE OF VIDEO

A candidate for the drill team or drill team officer may show a video of his/her performance for the judges only if he/she is incapable of required physical activity. Directors must receive a doctor's note the day after the injury and must state the reason(s) for the inability to tryout and the –specific skillll the student is incapable of performing as a result of injury. The video to be shown must be approved by the director, should be no more than three to six months old, and cannot exhibit a skill that the drill team member will no longer be able to perform. The video will include the skills that the candidate was unable to execute due to the injury. The final determination of eligibility to tryout using a video will be at the director's discretion. The video will be judged using the same criteria outlined in this handbook.

Judges shall be instructed to consider —absence of pressure, lack of physical/respiratory exertion, and vocal ability when performing specific skills on video. The candidate must perform each individual specific skill required in the tryout to receive points. No score reduction will be exercised due to the claimed injury.

TRYOUTS

Tryouts will be closed to everyone except judges, directors, principals, and principals’ designees. There will be no students, parents, or existing drill team members who are not part of the audition in the tryout areas, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

Candidates will receive notification of results on the day of tryouts. The notification message will identify the selected candidates based on assigned tryout numbers only.

JUDGES

Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

TABULATION OF SCORES

Each of the judges will enter each candidate’s scores into a spreadsheet. At the conclusion of the tryouts, a designated tabulator will tabulate the judges’ individual score sheets into a master database. The District-wide formula for tabulating final scores is as follows:

- High and low judges’ scores will be discarded per the Olympic scoring system and the composite score will then be determined by averaging the remaining scores.
- Scores will be calculated to the nearest one-hundredth.

Scores given to a student by an individual judge will not be changed by a director or principal. Scores will be kept in the office of the principal until winners and non-winners are notified. Candidate’s scoring sheets will be retained for two years following the tryout date. Complaints about any aspect of the tryout process are subject to the requirements of RISD Board Policy FNG (LOCAL). Copies of such policy may be obtained from the school principal.

HIGH SCHOOL JUDGING GUIDELINES

For high school drill team, there are no pre-scores going into general tryouts for line members, as performance counts for 100% of points. Officer tryout judging guidelines will be distributed by high school sponsors under the guidance of campus administration.

JUDGING GUIDELINES FOR COMPETITIVE DRILL TEAM TRYOUTS

Middle School Competitive Drill Team and High School Varsity and Junior Varsity Competitive Drill Teams use the rubric below for auditions.

Performance

- Image/Presence 15 points
- Projection /Overall Performance 15points
- Technique 20 points
- Jazz Routine 20 points
- Kick Routine 20 points
- Splits 10 points
- Total Score = 100 possible Points

Middle School Officer Tryouts

At the middle school level, 8th grade students who are chosen to be on the Competitive Drill Team at tryouts will be eligible to audition for officer. The rubric for these auditions is listed below. There are two parts included in officer auditions, pre-tryout scores and performance scores. The pre-tryout score will be added to the performance score for the final score. This gives 130 possible total points.

Pre-Tryout Scores – Middle School Officer

Academics – 20 points

Conduct – 10 points

Academics – Middle School

The academic evaluation represents 20 points of the candidate's total scores. The maximum number of points a student can earn in this category is 20 points. The following formula will be used: weighted semester average X .20= Score. For middle school weighting is achieved by using the fall semester average after adding 10 points to each Pre-AP course.

Conduct – Middle School

The conduct evaluation represents 10 points of the candidate's total score. Points for this category will include discipline action taken up to the point of tryouts. A discipline action is one that has been documented by an administrator during the current school year. A total of 10 points may be received in this category if the candidate has zero documented discipline actions. If a candidate has one documented discipline action, two points will be deducted. Two discipline actions account for four points being deducted from this score. Zero points will be given if the candidate has three or more discipline actions or has been removed from an extracurricular activity for disciplinary reasons.

Performance Scores – Middle School Officer

Image/Presence 10 points

Projection/Overall Presentation 10 points

Technique 20 points

Interview 20 points

Jazz Routine 15 points

Kick Routine 15 points

Splits 10 points

Total Score = 100 points

ELIGIBILITY & MAINTENANCE

The drill team program will follow the eligibility requirements as outlined by the Texas Education Agency (TEA) and the University Interscholastic League (UIL). In addition, all conduct grades must be satisfactory. A drill team candidate who is academically ineligible may attend all practices and tryouts, since actual participation does not occur until the following year.

To be eligible at the beginning of the school year, students must have earned the accumulated number of credits in state-approved courses indicated below:

- Upcoming 7th graders must have completed 6th grade prior to participating in any 7th grade activity
- Upcoming 8th graders must have completed 7th grade prior to participating in any 8th grade activity
- Upcoming 9th graders must have completed 8th grade prior to participating in any 9th grade activity
- Beginning of the 10th grade year — at least 6 units toward graduation
- Beginning of the 11th grade year — at least 12 units toward graduation
- Beginning of the 12th grade year — at least 18 units toward graduation

In order to be eligible for any six-week period following the initial six-week period of a school year, a student shall not have a recorded grade average lower than 70 on a scale of 0-100 in any course for the preceding six-week period. This will not include the courses designated in board policy as exempt from the ineligibility rule. A student whose recorded six-week grade average in any course is lower than a 70 at the end of a six-week period shall be suspended from competition or performance. A suspension continues for at least three weeks and is not removed during the school year until the student is passing all subjects taken. This suspension shall become effective seven calendar days after the last day of the six-week period during which the grade lower than 70 was earned.

A student who regains eligibility at the end of a six-week or three-week grading period shall not become eligible
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until the end of the school day seven calendar days later. Students who are losing eligibility have a seven calendar day grace period, and students who are regaining eligibility have a seven calendar day waiting period. Students on academic probation must continue to attend classes and all practices, must sit out of all performances, and may not sit with or ride with the team to appearances or performances. Students on probation are not allowed to wear the team pep rally or performance uniform. This state policy does not apply to social activities.

A drill team member who becomes academically ineligible two times during a school year will be considered on drill team probation for the rest of that school year with regard to auditioning and performing with specialty groups. This will not include the courses designated in board policy as exempt from the ineligibility rule.

A drill team member who becomes academically ineligible three times during a school year may be removed from the team.

CONDUCT

Since participation in extracurricular activities is a privilege and not a right, Rockwall ISD is authorized to set higher standards for participants of extracurricular activities than for students who choose not to participate in extracurricular activities. The expectations for drill team members extend beyond the Rockwall ISD Student Code of Conduct, not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. Extracurricular expectations apply to all students participating in drill team, regardless of whether:

- School is in session
- The offense occurs on or off school property or at a school-related event
- The student is directly involved with the extracurricular activity at the time the prohibited conduct occurs
- The extracurricular activity is in-season or when the conduct occurs

It is possible that a student who violates the Rockwall ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his/her coach or sponsor for the same particular violation.

Upon the completion of tryouts, selected drill team members will be subject to all rules, expectations, and discipline consequences associated with the new team. Any member failing to abide by rules and regulations as set forth under the provisions may be subject to review by the director and principal. Dismissal from the group may result from that review.

Standards of Conduct include the following:

- Members are expected to uphold a high standard of behavior that is necessary for the integrity and reputation of the organization. Members should be leaders in the school and should set a good example at all times. Members are expected to have and maintain a character above reproach.
- Proper manners should be used at all times to address adults and officers. Mutual respect and politeness toward fellow members within the group are basic elements that contribute to the total success of the team.
- The possession and/or use of alcohol, tobacco, and illegal drugs are expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in a principal/director/parent/student review. Dismissal from the team may result from this review. A second infraction will result in the immediate dismissal from the drill team and from the class.
- Drill team members will wear practice and performance uniforms as designated by the director.
- Maintaining a higher standard of conduct will also include ensuring that drill team members' websites are appropriate. The Internet is a worldwide, publicly accessible form of communication. Any communication such as Facebook, Instagram, Twitter, Snapchat, photo sharing or any other social media, appearing on the Internet is public domain even if it is marked private. Drill team members are responsible for their personal websites and postings as well as for postings on other students' websites. The area of appropriateness will include, but is not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the principal and director.

- Hazing is strictly forbidden per FNCC (LEGAL).

PERMANENT DISMISSAL

A drill team member may be removed from the drill team or placed on disciplinary probation by the drill team director and principal for violation of the standards of conduct or regulations and policies. Any student removed from the drill team must also be immediately removed from the class. Reasons for permanent dismissal from the drill team program include, but are not limited to:

- A drill team member who becomes academically ineligible three times during a school year may be removed from the team.
- If a member of the team suffers loss of credit for the drill team course for excessive absences, he/she may be removed from the team subject to principal/director review.
- A drill team member who is placed in the in-school suspension room more than one time during the drill team year will be subject to a principal/director review, which may result in removal from the squad.
- A drill team member will be removed from the team after two disciplinary probation periods in one year.
- A drill team member who is placed in the alternative school will be removed from the team, effective on the date of placement.
- A drill team member who is suspended from school will have a principal/director/parent/student review and may be removed from the team.
- A drill team member who is expelled from school will be removed from the team.
- Students who have been removed and those who voluntarily quit retain no rights to team awards, recognitions, etc., which are received after dismissal, although they may have accrued over the duration of the school term. They lose all privileges associated with drill team membership, including attending drill team-only events, using drill team facilities, and wearing drill team attire.

BENCHING & PROBATION

The following are considered rule infractions. Point deductions for each are indicated. Points are only used to determine disciplinary probation periods and are not used for grading purposes. Points are erased and started again each semester. Point opportunities will be offered every grading period at the director’s discretion.

Absence from practice will result in student being benched from the current week’s performance or the next performance, at the director’s discretion, depending upon the ability of the team to practice and perform efficiently for that performance.

Benching: The drill team member attends functions in uniform but will not take part in the team performance. With regard to football or basketball games, the member may perform in the stands with the team but may not perform in pre-game, half-time, or post-game performances or festivities.

Probation: The drill team member is not allowed to participate in auditions or performances of the team or of specialty groups. The member is not allowed to travel with the team for any reason. Member may not wear the drill team uniform. Member must continue to attend classes, work periods, and practices as scheduled during and before/after school hours.

If a student is academically ineligible at the time of benching or disciplinary probation, the penalty will be served at the time that the student regains eligibility.

-5 points	Benched
-10 points	Benched
-15 points	Benched
-18 points	Three-week Probation
-21 points	Six-week Probation

A student will receive a benching after the initial 5 points accrued and every 5 points thereafter. The accumulation of 22 points will result in immediate removal, even if no benchings or probationary periods have occurred.

Accumulation of three or more benchings may result in a director/principal review and dismissal.

DEDUCTION SYSTEM

RULE INFRACTION	POINT DEDUCTION
Wrong clothing	1
Late to practice/performance	1
Not turning in items on time	1
Disrespect to fellow team member	2
Not following instructions from director	3
Disrespect to director/teacher	3
Detention	5
Office referral/unexcused absence	10

PRACTICE & PERFORMANCES

Drill team members must attend practice sessions as determined by the director. Absence from practice may result in a missed performance if the director determines that the absence has hindered the ability of the team to practice productively. Activities and practice time must be in accordance with TEA guidelines. Practices must be limited to a total of eight hours per school week outside the school day. A school week is determined as from Monday 12:01 a.m. to the end of the school day on Friday.

There will be tryouts for each performance. The director will judge routines. Factors such as attitude, manners, and effort will be taken into consideration as well as ability. Students unable to execute the routine to the expected standard or who have exhibited excessive negativity regarding practices will not be chosen to perform. If a member is removed from the performance due to tryouts, absences, illness, or injury, that member must continue to attend practices and team performances in uniform unless the illness or injury prohibits him/her from doing so.

A student may only perform if he/she is in correct and complete uniform at the time of performance. Drill team members who have auditioned and passed on the current week's routine will not be disciplined for making mistakes that were clearly unintentional during performance.

High school drill team members are required to attend one summer camp and may participate in competitions/performances with principal approval. Drill team officers may have an additional camp. Middle school teams may participate in local competitions, but national competitions/performances are at the discretion of the director and principal. Out-of-state competitions/performances require the approval of the principal and superintendent. All high school drill team members are required to run the mile weekly prior to performances in order to maintain the proper level of fitness. The required mile time will be determined by the director.

ATTENDANCE

Drill team members will have a scheduled class period during the instructional school day to allow for planning and practice. Special practices may be called by the director when necessary; however, due to UIL restrictions, the eight-hour limit will apply to practice held outside of the school day per school week.

Participation in the drill team program requires attendance for the drill team class period, practices, and activities designated by the director and campus administrator. Drill team members must adhere to the following:

- Attendance at all drill team activities and practices is mandatory.
- An unexcused absence from drill team class periods and other practices receives a 10-point deduction. (Absences are excused for personal illness, death in family, illness in family that requires out-of-town travel, funeral, mandatory court appearance, and religious holidays.)
- Absence from practice will result in student being benched from the next performance if the director determines the student's absence hindered the ability of the team to practice efficiently for that performance.

- Any absence approved by the administration for other school activities including religious holidays will not be recorded as an absence.
- Members must call ahead if they are going to be absent. Failure to do so results in point deductions.
- Upon return from any absence, members must bring a note from a parent or physician explaining their absence. Failure to do so results in point deductions.
- Outside employment, tutorials, and hair appointments are not an excuse to miss any part of drill team activities. Doing so constitutes an unexcused absence and results in point deductions.
- Students who are absent from school on a performance day for more than half a day are ineligible to perform (exceptions are school field trips and religious holidays).
- Members may not leave practice, class, or any activity at any time unless approved by the director.

FINANCIAL RESPONSIBILITIES

Because drill team is an extracurricular activity, there are both financial and time commitments involved in being a part of a successful drill team. These commitments are spelled out clearly for each school in the packets that are distributed prior to tryouts. It is critical that students and parents understand the financial obligations of the organization and the timeline for submitting payments due for materials and/or activities before the student decides to try out for the team.

Any student who fails to make a payment on time will not be allowed to perform with the organization until such time that the financial obligation is satisfied.

Any drill team member who has not met their financial obligation for the current school year will not be allowed to try out for the next school year.

TRANSPORTATION

Each drill team member shall ride school-provided transportation to and from out-of-town games. A written request from the parent/guardian is required for the student to be released to the parent or to another adult designated by the parent. Prior approval from the sponsor is required. The penalty for missing school-provided transportation is suspension from that night's game and the following game. Middle school drill team members are transported by parents/guardians.

If the drill team meets at the campus prior to going to the stadium/event, then school-provided transportation must be utilized. If the drill team meets initially at the stadium/event, then students may utilize their own means of transportation to the event.

FUNDRAISING

Fundraising will be coordinated by the director and approved by the building principal. All drill team members will participate in fundraising activities. A detailed description of appropriate practices and procedures for fundraising is outlined within the document –Rockwall Independent School District Campus Activity Fundraising Guidelines, which can be found at <http://www.rockwallisd.com/about/accountability/governance/fundraising-guidelines>.

INCLEMENT WEATHER

In the event of inclement weather, it will be the responsibility of the drill team director, in collaboration with the building principal, to make the decision to leave the event. The decision will be based on what is in the best interests of the students and their health and welfare. If a student voluntarily leaves a drill team event, they will be subject to the penalties as outlined herein.

SPECIALTY GROUPS

It is up to the discretion of each school to decide whether to offer specialty groups such as elite dance teams, kick lines, officers, and instructors. Any member is eligible to audition for specialty groups unless on academic or disciplinary probation. It is considered a privilege to be a part of these specialty groups.

All specialty groups are under the leadership of the director and are selected to assist the director in leading the SFS Drill Team 1/4/2018 Revision

drill teams. Members of specialty groups, including officers, may be removed from their positions for conduct that occurs on or off campus that is detrimental to the school or team as determined by the director and principal. If a specialty member either resigns or is removed from the line-up, the position may be left vacant or filled at the discretion of the director/principal.

Specialty group tryouts and officer tryouts are under the direction and discretion of the drill team director and the campus principal. Informational packets are dispersed by individual campuses prior to tryouts.

CIVILITY

Parents are partners with the school and are expected to support the drill program, drill team members, and sponsors through attending performances, meeting financial obligations in a timely manner, and assisting in fundraising, among other supportive measures. Mutual respect is imperative, and lack of civility will not be tolerated. Individuals who speak in a demanding, loud, insulting or demeaning manner, or otherwise disrupt operations, will be directed to leave the school or District property [GKA(LOCAL)].



**ROCKWALL INDEPENDENT SCHOOL DISTRICT
Drill Team Handbook Parent/Student Acknowledgement**

We have read and understand the policies, procedures, practices, and expectations as outlined in the *RISD Drill Team Handbook*. We agree to adhere to these rules as a condition for voluntary participation in the drill team program and understand that failure to do so may result in disciplinary measures and removal from the program.

Parent Signature

Date

Drill Team Candidate/Member Signature

Date

The RISD Drill Team Handbook Student/Parent Acknowledgement form was submitted to my office:

Director Signature

Date

Please return this page to the director prior to Drill Team Tryouts.



ROCKWALL INDEPENDENT SCHOOL DISTRICT
Medical Release Form

Student's Name: Grade:

School:

I certify that is physically capable and able to fulfill requirements needed to be a drill team member. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad-related activity when either parent cannot be reached. If there is any physical or medical reason why he/she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during activities of drill team.

Parent's signature: Date:

Medical Treatment Permission

In the event of an emergency occurring while my son/daughter is on a school-sponsored practice, performance, or trip, I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter, to receive medical treatment.

Home phone: Business phone:

Address:

City: State: Zip:

Person to be notified other than parent or guardian in an emergency:

Name: Phone:

Family doctor: Phone:

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed?

Insurance company: Policy number:

Parent signature: Date:

Medical Information

Table with 2 columns: Medical Information, Circle One (Yes/No), Circle (Yes/No). Rows include One Heart condition/disease, Diabetes, Convulsions disorder, Asthma, Allergic to medication, Allergic to insect bites.

State allergies:

Date of last Tetanus shot: Medications currently taking:

Additional pertinent medical information:



ROCKWALL INDEPENDENT SCHOOL DISTRICT Parental Information and Consent Form for Concussions

What is a concussion?

A concussion is an injury to the brain. It is caused by a bump, blow, or jolt to either the head or the body that causes the brain to move rapidly within the skull. The resulting injury to the brain changes how the brain functions in a normal manner. The signs and symptoms of a concussion can show up immediately after the injury or may not appear for hours or days after the injury. Concussions can have serious long-term health effects, and even a seemingly mild injury can be serious. A major concern with any concussion is returning to play too soon. Having a second concussion before healing can take place from the initial or previous concussion can lead to serious and potentially fatal health conditions.

What are the symptoms of a concussion?

Signs and symptoms of a concussion are typically noticed right after the injury, but some might not be recognized until days after the injury. Common symptoms include: headache, dizziness, amnesia, fatigue, confusion, mood changes, depression, poor vision, sensitivity to light or noise, lethargy, poor attention or concentration, sleep disturbances, and aggression. The individual may or may not have lost consciousness.

What should be done if a concussion is suspected?

1. Immediately remove student from practice or game
2. Seek medical attention right away
3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals.

If you have any questions concerning concussions or the return to play policy, you may contact the athletic trainer at your school.

What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they're -just fine.¶

What are the risks of returning to activity too soon after sustaining a concussion?

Prevent long-term problems. If an athlete has a concussion, their brain needs time to heal. Don't let them return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that

occurs before the brain recovers from the first – usually within a short time period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems.

What can happen if my child keeps on playing with a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms or injuries. And concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student-athlete’s safety.

Liability Provisions

The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student understands that this policy does not:

1. Waive any immunity from liability of a school district or open-enrollment charter school or of district of charter school officers or employees;
2. Create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees;
3. Waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code;
4. Create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice of competition, based only on service on the concussion oversight team.

Parental Consent

By signing this form, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the Rockwall ISD return-to-play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.

Athlete’s Name (print)_____

Parent’s or Guardian’s Name (print)_____

Parent’s or Guardian’s Signature_____

Date_____



**ROCKWALL INDEPENDENT SCHOOL DISTRICT
Parental Release Form**

Student's name: _____

School: _____ Grade: _____

I, the undersigned, have read and fully understand the rules and regulations that will govern my son/daughter if he/she chooses to represent Rockwall Independent School District as a drill team member. I further understand that this is an extracurricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of the elected drill team member.

I hereby give my consent to my son/daughter, _____, to tryout for drill team at _____ and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that, if chosen, my son/daughter will be required to pay for summer drill team camp and uniforms.

Parent name (print) _____

Parent signature _____

Parent Contact Information Address _____

Phone (cell) _____ (home) _____

If I am elected as a drill team member, I shall fulfill all of the requirements to the best of my ability as set forth in the RISD Drill Team Handbook. I have read these policies and understand that if I fail to maintain these rules, I will be reprimanded according to these guidelines and possibly removed from the team.

Candidate's name (print) _____

Candidate's signature _____

Candidate's Contact Information Address _____

Phone (cell) _____ (home) _____



**ROCKWALL INDEPENDENT SCHOOL DISTRICT
Extracurricular Standards of Behavior Contract**

I, _____, understand I must conduct myself with utmost integrity and honesty as a student involved in co-curricular/extracurricular activities in the Rockwall Independent School District. I understand that my position as a student involved in co-curricular/extracurricular activities means that I am held to a higher standard of behavior, and therefore, may receive greater consequences than those outlined in the Rockwall ISD Student Code of Conduct regardless of whether such conduct occurs on or off school property and/or at a school-sponsored or school-related event. I further understand that if I represent my organization in an unfavorable, questionable, or illegal manner, including through electronic media, I will be subject to the disciplinary action determined appropriate by school officials.

I understand that if I violate the Rockwall ISD Student Code of Conduct, I may receive consequences in accordance with those outlined in the Code of Conduct, as well as additional consequences as a result of my participation in co-curricular/extracurricular activities. I understand and agree that consequences assigned under this contract will be assigned at the discretion and determination of the campus administrator and sponsor/coach of the activity and may include, but are not limited to, disciplinary consequences in, suspension from, removal from, and/or prohibition from future participation in all co-curricular/extracurricular activities.

I understand that as a participant in a co-curricular/extracurricular activity, I must follow the RISD Student Code of Conduct in addition to all rules, regulations, and schedule commitments, as required by the sponsor/coach of the activity.

I have read this RISD Extracurricular Standards of Behavior Contract and agree to all of the terms and consequences stated herein.

Students name (print) _____

Student signature _____ Date _____

Parent name (print) _____

Parent signature _____ Date _____

Student Contact Information Address _____

Phone (cell) _____ (home) _____



ROCKWALL INDEPENDENT SCHOOL DISTRICT Preparticipation Physical Evaluation—Medical History

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition that would make it hazardous to participate in an athletic event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
 In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers on the back of this form. Circle questions you don't know the answers to. Any "Yes" answer to italicized questions requires further medical evaluation that may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games, or matches.					
	Yes	No		Yes	No
<i>Have you had a medical illness or injury since your last check up or sports physical?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you been hospitalized overnight in the past year?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever had surgery?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever passed out during or after exercise?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever had chest pain during or after exercise?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Do you get tired more quickly than your friends do during exercise?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever had racing of your heart or skipped heartbeats?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you had high blood pressure or high cholesterol?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever been told you have a heart murmur?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Has any family member or relative died of heart problems or of sudden unexpected death before age 50?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heartrhythm?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain on back of form.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Has a physician ever denied or restricted your participation in sports for any heart problems?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Shin/Calf <input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot		
<i>Have you ever had a head injury or concussion?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you want to weigh more or less than you do now?		
<i>Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many times? _____ When was the last concussion? _____ How severe was each one? (Explain on back of form.)</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever had a seizure?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Do you have frequent or severe headaches?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
<i>Have you ever had numbness or tingling in your arms, hands, legs, or feet?</i>	<input type="checkbox"/>	<input type="checkbox"/>	Females Only When was your first menstrual period?		
<i>Have you ever had a stinger, burner, or pinched nerve?</i>	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period?		
<i>Are you missing any paired organs?</i>	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another?		
<i>Are you under a doctor's care?</i>	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year?		
<i>Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?</i>	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year?		

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student. If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.
 Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

For School Use Only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

Rockwall ISD



ROCKWALL INDEPENDENT SCHOOL DISTRICT Preparticipation Physical Evaluation—Physical Examination

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____/_____/_____
brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart—Auscultation of the heart in the supine position			
Heart—Auscultation of the heart in the standing position			
Heart—Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

CLEARANCE

Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.

Name (print/type) _____ Date of Examination: _____
 Address: _____
 Phone Number: _____
 Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches